

Student Team \_\_\_\_\_

Virtue Focus \_\_\_\_\_ Date to Present \_\_\_\_\_

### Guide to Student-Lead Prayer Sessions

You and a partner will lead the class in a prayer session that you both design and carry out. The prayer session will focus on a particular virtue that is the theme for our religious focus for that week. Your job will be to follow this guide to prepare your prayer session and to rehearse it carefully with your partner ahead of time so that you will provide the class with a meaningful prayer experience. You will have a number of resources available to assist you in gathering your selections. In addition, you may consult with other people outside of class to help you collect relevant items for your presentation, for instance, a music teacher, priest, parent, or religious education instructor. By searching for the information yourself and actively leading your peers in prayerful meditation, you will gain a deeper appreciation for the virtues you are developing. Thank you for sharing your talents with us! God Bless.

# Student-Lead Prayer Format

Your prayer session should contain all of the following components, in this order:

## 1) Opening Gesture

Choose one or two of these methods to call us into quiet meditation. The purpose of the gesture is to invite the class to join in peaceful reflection, to set aside all distractions, and to open their hearts and minds to God's relaxing presence.

- play some gentle recorded music (no lyrics)
- light a candle
- ring a bell or chime
- present a focal point, such as a beautiful picture or floral bouquet or religious icon
- your own choice of appropriate prayer gesture

Allow a few moments to pass in silence before you continue so that all participants will be in a prayerful state of mind and attentive.

## 2) Introduce Virtue

Tell the class which virtue your prayer session will explore and define what that particular virtue trait is. Invite the class to listen to the Bible passages and other readings you've selected with that virtue in mind.

## 3) Bible Passage

Begin with the sign of the cross. Tell what Bible book, chapter, and verse you will read and then share it. When finished, explain how this passage shows an example of the virtue of the week. You may share up to three (3) separate Bible selections that demonstrate the virtue, explaining each one to the class.

## 4) Choral Response

Prepare a list of 3-5 petitions asking for the Lord's help in becoming better Christians by guiding us closer to this virtue. Write a response the class may repeat after each one on the board. Raise your arm to signal when to say the response.

5) Present a Symbol

Using a 4"x 4" piece of construction paper create a symbolic representation of this lesson. Choose an element from the passage that will clearly remind the class of the virtue we discovered. Include the name of this virtue prominently written across the front of the symbol. Share with the class what your symbol is and how it will help us remember the virtue. Add it to the prayer chain now.

6) Final Reflection

Choose a way to help the class experience the virtue aside from Scripture. You may select one of the following ideas or create an appropriate means of your own.

- Music- play a song recording or have the class sing a song that touches on the virtue. Provide words on paper or overhead.
- Poetry or Psalm- read aloud or invite others to read aloud a poem or psalm that includes the virtue in it.
- Share a short story that demonstrates the virtue in action.

7) Closing Gesture

After your final reflection, allow a few moments to pass in silence, so that all participants may think about the virtue in a personal way. Repeat your opening gesture at this time to signal your prayer session is complete.

Thank you for preparing a meaningful prayer experience for the class!

## Student-Lead Prayer Session Planning Sheet

My name \_\_\_\_\_

My partner's name \_\_\_\_\_

The virtue which the prayer session will focus on is \_\_\_\_\_

My presentation day will be \_\_\_\_\_

1) Opening gesture will be:

2) The virtue of \_\_\_\_\_ means a person (does what? acts how? shows what?)

The dictionary defines \_\_\_\_\_ as:

3) The Scriptural passage(s) I have selected that show this virtue is(are):

I believe this (these) passage(s) reflect(s) this virtue because:

4) The choral response I have chosen is:

These are the petitions I will pray related to this virtue:

Required 1)

2)

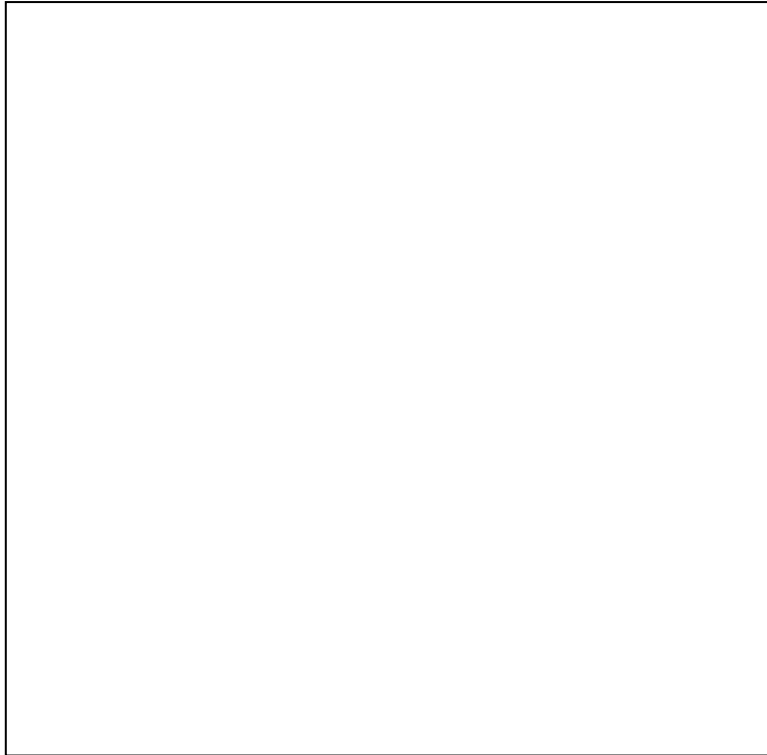
3)

Optional 4)

5)

5) The symbol I have chosen to remind us of this virtue lesson is: \_\_\_\_\_

Here is a planning sketch of it:



6) My final reflection will be:

7) My closing gesture will be (same as opening)

## An Example Prayer Session on the Virtue of Trust

### 1) Opening Gesture

Ring bell 3 times and light candle

### 2) Introduce Virtue

Trust- definition

### 3) Bible Passages

Noah- Genesis 6: 5-22

Moses- Exodus 3: 4, 6-10; 4:20; 5: 1

Mary- Luke 1: 26-38

- Noah does as God commands and trusts that his family will be spared the flood's destruction
- Moses doubts his own abilities as messenger to the powerful Pharaoh, but trusts that God will help him complete the mission to free the Israelites.
- Mary could not understand how she could bear a child that would be God's own son, but she trusted in His will and agreed to let it be done.

### 4) Choral Response

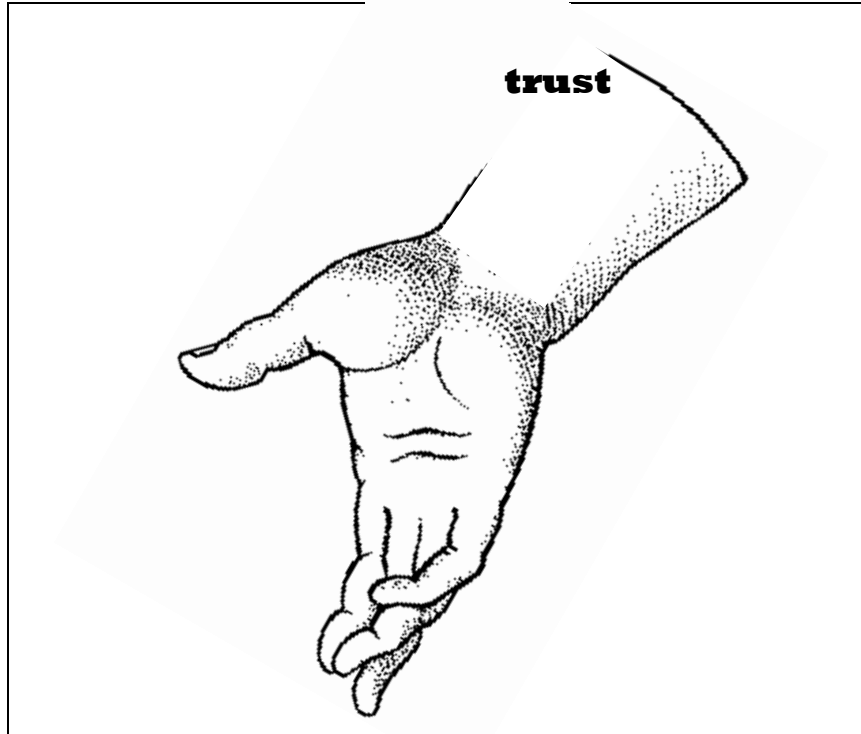
"Lord, help me trust in you"

Petitions:

- Like it was for Noah, when the world around me is filled with evil ways and destruction...
- Like it was for Moses, when I have little belief in my own ability to follow your call to help the oppressed...
- Like it was for Mary, when I do not fully understand your awesome power or your plans for my future...
- Like it is for every one of us here, when we are faced with fears, challenges and confusion...

5) Symbol

an open hand reaching out representing God's invitation to trust in him.



6) Final Reflection

Read aloud Psalm 63 "Trust in God Alone" or play recording of "Trust in Me" (Breaking Bread 2002), "Happy are They" (who trust in God) (Breaking Bread 2002), "Trust in the Lord" (ADwelling Place)

## Student-Lead Prayer Assignments

Virtue	Student	Partner	Date
Trust	Mrs. Santucci's example prayer session		Sept. 10
Mercy	_____	_____	Sept. 17
Reverence	_____	_____	Sept. 24
Perseverance	_____	_____	Oct. 1
Courage	_____	_____	Oct. 8
Honor	_____	_____	Oct. 15
Fidelity	_____	_____	Oct 29
Charity	_____	_____	Nov. 5
Forgiveness	_____	_____	Nov. 12
Temperance	_____	_____	Nov. 19
Wisdom	_____	_____	Dec. 3
Justice	_____	_____	Dec. 10
Hope	_____	_____	Dec. 17
Gratitude	_____	_____	Jan. 7
Love	_____	_____	Jan. 14
Discipleship	_____	_____	Jan. 21
Meek	_____	_____	Jan. 28
Peacemakers	_____	_____	Feb. 4
Righteous	_____	_____	Feb. 18
Sacrifice	_____	_____	Feb. 25
Conversion	_____	_____	Mar. 4
Generosity	_____	_____	Mar. 11
Truth	_____	_____	Mar. 25
Prudence	_____	_____	Apr. 1
Compassion	_____	_____	Apr. 15
Patience	_____	_____	Apr. 22
Honesty	_____	_____	Apr. 29
Faith	_____	_____	May 6
Wonder	_____	_____	May 13
Prayerfulness	_____	_____	May 20